

Why A Crying Plan?

Because it saves lives...



How does Giraffe Laugh use the crying plan?

- u When touring the facility for an infant spot, I talk briefly about the crying plan.
- u Upon enrollment, an extended conversation about the crying plan and why it is so important.
- u We provide two crying plan documents.
- u I provide an additional form called "Help us know your baby".
- u Teachers and parents have the opportunity to talk about the crying plan.

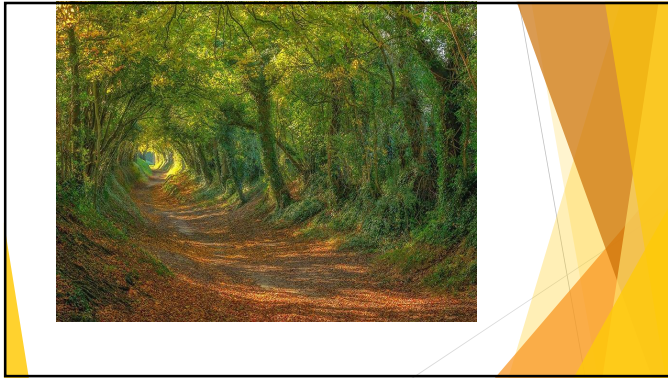


Back up for everyone

- u One of the most important pieces of the crying plan is backup.
- u Who is there for you when the crying plan is not working?
- u Having the discussion with parents upon enrollment about when you may call them.
- u If you are an in home provider, who is your back up?
- u If you are a parent alone, who is your back up?

Once Back up has arrived....

- u Remove yourself completely from the environment.
- u Go for a walk.
- u Breathe deep, and come back to center.
- u Remember that everyone has a breaking point, it does not make you weak.



What our parents say about the crying plan...

- u Lindsay: "An easy step by step process to create a plan to help ANYONE who care for babies and young children."
- u Lizzie: "Don't be afraid to call someone when baby is stressing you and have a plan for yourself when baby cries."
- u Mariah: "A great reminder that any shaking will cause damage to baby. I would like to give this flyer to anyone who takes care of my baby so they know what to do. We make plans for fires and other things so why not for a baby and moms in distress."



Now, what will your crying plan be? Calming, and Coping

- u Go for a walk with baby
- u Rocking in a chair
- u Singing a song
- u A warm swaddle
- u Call friend or relative
- u Put the baby in a safe place, and walk away until calm.

Questions, comments?

Thank you for your time!!!!